

## DH10 Switches to Online Format: April 4 - 5, 2020

We hope you are keeping safe and healthy as we all do our part to help "flatten the curve" of this virus.

As we previously announced a few weeks ago, due to COVID- 19 - we are shifting our next couple of in-person DH10 Big Group meetings (April 4 - 5 and May 16 - 17) to online video "[Zoom](#)" meetings. We are grateful to have access to this wonderful online technology so we can all stay connected (in this time of social isolation) and continue to deliver the DA teachings without interruption. Many groups in the school have already switched to online Zoom platform to great success and the shared field of presence was palpable. The general schedule and format for our online DH10 weekends will stay the same as always. Zoom technology allows us all to see and interact with each other, to exchange questions and comments with the teachers and can also break us into randomly assigned pods for the experiential exercises you are all familiar with.

What follows are the steps required to sign up for the April 4 - 5, Big Group

### TWO REQUIRED ACTIONS:

1. Register for the April 4 - 5 Big Group by April 1 - [REGISTER HERE](#)
2. Register for Hameed's Community Meeting on April 5 (details below) - [REGISTER HERE](#)

### ONE OPTIONAL ACTION:

1. Email reply to Greg to reserve your place in the optional Zoom Training Meeting on April 2 @ 7pm (details below) - [EMAIL TO GREG](#)

### **REQUIRED ACTIONS: REGISTRATION FOR APRIL BIG GROUP & HAMEED'S COMMUNITY MEETING:**

1. Everyone please register for the April 4 - 5 Big Group as usual. Please register **NO LATER THAN APRIL 1st!** [HERE](#)

**Please don't** wait till the last couple of days to register - we need time to respond back with your registration confirmation and zoom link which allows you to join the online Big Group so please do your part and register by **April 1st! Thank You!**

2. Sunday, April 5th during our Big Group meeting, we will all join by zoom into, [Hameed's Community Meeting](#) at 10am, where he will address the virus and DA. As this is an important message and teaching from our founder and extremely timely, we felt it best to incorporate his meeting into our own DH10 weekend teachings. Karen and Bob will help facilitate a DH10 q/c after Hameed's meeting to continue our own DH10 process and teachings. So please register for this Community Meeting now to received its special Zoom link which will be sent to you **AFTER** you register.

**Free Advance Registration Required** [HERE](#)

### **ZOOM PLATFORM:**

Starting April 4 at 10am, we will all meet on line for DH10 Big Group via the easy-to-use, video-conferencing platform called [Zoom](#) using a special link we will email you AFTER you register for April Big Group.

Some of you are already familiar with Zoom so nothing you need to do other than register for Big Group and Hameed's Community Meeting and you do not need to attend the following "Zoom Training Meeting" unless you want to.

For those new to Zoom we have set up a training meeting on April 2. Remember, the teachers and administrators are already experienced with this format and are here to support you as we make this transition together. See the details that follow and reserve your spot in this training meeting.

### **OPTIONAL: IF NEW TO ZOOM - PLEASE SIGN UP FOR APRIL 2nd, 7pm - 8pm TRAINING MEETING**

We have organized a basic Zoom users training for those who are unfamiliar with Zoom. You will be guided by experienced trainers who have good experience training students in how to use Zoom for DA meetings and will be able to answer your technical questions. You can download Zoom for free onto your computer, tablet, iPad or smart phone, but for best results, we recommend using a computer but each will work. You need access to stable internet, a private and quiet space and your device with Zoom pre-installed by going [HERE](#) (use the "Zoom Client Meetings" Tab)

If your internet is unreliable or none available then you can use a telephone with the phone numbers we will provide so you can still join in. Unfortunately using a phone will not allow you to see or be seen, but you can hear and we can hear you. Video access requires internet access. Many people use the phone however and it works fine.

**NOTE:** DH9 is also transitioning to online at the same time as DH10 so their students will be joining us on this training meeting providing an opportunity to meet some fellow Bay Area students.

### **ACTION: TO ATTEND ZOOM TRAINING YOU NEED TO RESERVE A SPOT:**

To reserve your place, please email our administrator, Greg ASAP, but, **no later than this Friday, March 27<sup>th</sup>** and indicate which device you will be using during this training meeting: computer, tablet, iPad or cell phone? We need to know well in advance how many will be attending so we can coordinate it properly so please just send Greg an email right now so you don't forget.

**Greg's email:** [cadh10@ridhwan.org](mailto:cadh10@ridhwan.org)

**A confirmation email with Zoom link** and final instructions will be sent to you AFTER you reserve your spot with Greg.

If you can't attend this training, an audio recording of the meeting will be uploaded on our DH10

portal, by Friday, April 3<sup>rd</sup> just one day before we meet on Saturday, April 4<sup>th</sup> so please plan your time accordingly (as a last resort watch the Zoom video below about "how to join a Zoom meeting" as that will give you enough information to join the Big Group on Saturday morning). Please do not worry – Zoom is actually very easy to use and its fun to see everyone from the comfort of their home. This kind of technology is obviously very useful at this time, so learning it will help you in all kinds of ways going forward. In preparation for this training meeting and for our April Big Group, please download Zoom for free to your device by going [HERE](#) (Zoom "Client for Meetings" Tab).

**THIS VIDEO EXPLAINS HOW TO JOIN A ZOOM MEETING:**

<https://www.youtube.com/watch?v=Rzk4vdTli0c>

**FOR ADDITIONAL ZOOM INFORMATION GO HERE:**

<https://support.zoom.us/hc/en-us/articles/201362593-Zoom-Launcher-Plugin>

You will likely have some technical questions about Zoom, so bring these questions to the meeting. If you have questions about the Big Group itself, just write to Greg.

Here is a brief description of the April Big Group:

*Loving Light in Current Times*

*April 4 - 5, 2020*

[REGISTER HERE](#)

*During this April weekend we venture further into our inquiry of the profound universal dimension of generous being, which we call Loving Light. Jumping off from last meeting's Enneagram exploration, we venture deeper into the felt sense of the disconnection and reconnection to the Loving Light and its holding. We will explore the various ways this dimension effects us in our lives and our relationship to the environment and world. As we learn to cultivate an awareness and openness to this Loving Light, we can experience a kind and deeply satisfying presence of feeling held in the goodness of the universe. We learn how the Loving Light is our inner most nature and therefore not dependent on life's changing outer circumstances. This teaching is particularly relevant for our current situation with mounting fears of the Corona virus and global economies. The weekend will be taught by Karen Johnson, Bob Duchmann with a special appearance by Hameed Ali on Sunday morning.*

We appreciate your dedication to your spiritual development and path and willingness to learn and meet each other in new ways. The teachings and the support of our community is needed now more than ever. We thank you for your cooperation and flexibility.

We look forward to seeing you on Zoom and continuing our spiritual journey together!

With the blessings of the teachings ~

Nancee, Bob, Johanna, Blanchefleur, Karen and Hameed

**2020 DH10 Big Group Meeting Schedule**

**April 4 – 5 (online by Zoom)**

**May 16 – 17 (online by Zoom)**

**July 18 – 19 (TBD)**

**Sept 12 – 13**

**Oct 3 – 4**

**Dec. 12 (Saturday Only)**